

North TEMPE

MULTI-GENERATIONAL CENTER

SPRING 2015
MAR-MAY

FACILITY HOURS

FITNESS AREA

Mon-Thur 7:30am-9pm
Friday 7:30am-8pm
Saturday 10am-5pm

EDUCATION ROOM

Mon-Thur 11am-9pm
Friday 11am-8pm
Saturday 10am-5pm

BOYS & GIRLS CLUB

Mon-Thur 3:30-7:00pm
Friday 1:30-7:00pm
Saturday 10am-5pm

TCAA SENIOR CENTER

Mon-Fri 8am-3pm
Sat & Sun CLOSED

GYMNASIUM

Call 480-858-6500 for
program information



FACILITY DIRECTORY

City of Tempe—480-858-6500

Boys & Girls Club—480-858-6502

Laird Elementary School— 480-941-2440

Maricopa County Head Start—480-858-6536

TCAA Senior Center—480-858-6510

Tempe YMCA—480-858-6524

Chicanos Por La Causa—480-858-6543

A Membership is **REQUIRED** to use the FITNESS AREA and EDUCATION ROOM. Members must be 16 years and older to use the Fitness Area and 6 years and older to use the Education Room. A parent/legal guardian **MUST** fill out a membership form at the front desk with a valid state issued photo identification card.

The Education room also **REQUIRES** members to have a valid Tempe Public Library card in addition to a facility membership. Library cards can be obtained at the Front desk or at the Tempe Public Library.

FAMILY EVENTS

Bring your family, friends, or neighbors to these fun-filled events. Prizes and a snack concession stand will be available. Admission is free! Phone registration is required for each family.

Family Bingo Nights

6:00 - 7:30 pm

February 27th

April 24th

June 26th



HOLIDAYS CLOSED

May 25
Memorial Day

The Boys & Girls Club is a non-profit youth development agency serving ALL Boys & Girls between the ages of 5-18 years of age. Program areas include Game Room activities, Arts & Crafts, Homework Help, Computers, Performing Arts, Teen Center and daily snacks! We provide quality programs, guided by trained full time professionals in the areas of Character & Leadership, Education & Career, Health & Life Skills, the Arts, Sports & Fitness & Recreation, along with many other specialized programs. All Club members must have a valid membership valid from 6/1/14 thru 5/31/15. Annual membership is ONLY \$25 so sign up TODAY! For more information please contact us at: **480-858-6502** or e-mail us at **northtempe@clubzona.org**. Please visit our Facebook page at: **<https://www.facebook.com/northtempeclub>**.

BOYS & GIRLS AFTER SCHOOL PROGRAMS

SPRING BREAK

CAMP is offered by The Boys & Girls Clubs of the East Valley and is open to boys & girls ages 5-14 (5 year olds **MUST** be enrolled in Kindergarten in the 2014-2015 school year). Camp includes field trips and five areas of fun! Lunch not provided. \$25 annual Boys & Girls Club membership is required to register for the Spring break

DAYS: 3/9-3/13

HOURS: Mon. – Fri. 7:30am-6pm

FEE: \$70 per week or \$15 per day per child (financial assistance available)

Call the Boys & Girls Club at 480-858-6502 for registration details or email at: **northtempe@clubzona.org**

Visit us on the web: **www.clubzona.org** or **www.tempe.gov/northtempe**



2015 SOCCER at North Tempe

Register NOW!
Registration will close when league is FULL!

Soccer practices start in March. Games start in April.
Age Divisions—6-8 yrs., 12-14 yrs.

Registration Fee: \$25.00

Instructional Soccer League is open to ALL boys and girls of ALL skill levels. Ages: 6-14 years old. League emphasizes, team work, sportsmanship, motor skills development, healthy lifestyles, game fundamentals, physical fitness and Fun!!!

Visit us on the web: **www.clubzona.org**, **[www.Facebook.com/northtempeclub](https://www.facebook.com/northtempeclub)** & **www.tempe.gov/northtempe** or email us at **northtempe@clubzone.org**.

North Tempe Senior Center



MARCH

DATE: WEDNESDAY
MARCH 18
TIME: 11:00 AM
COST: \$3.50

Celebrate *Saint Patrick's Day* with music and lyrics by Ryan Picone.

DATE: MONDAY-FRIDAY
MARCH 30 -APRIL 3
TIME: 11:00 AM

Jewelry Auction

Jewelry will be distributed to the highest bidder on Friday. Proceeds will benefit the North Tempe Senior center, so come over to the Senior center and



APRIL

DATE: WEDNESDAY
APRIL 15
TIME: 10:30 AM
COST: \$3.50

Archaeology Presentation

Are archaeologists treasure hunters or scientists?

Kim Savage will clue you in on how archaeologist dig, what they find and how their discoveries are pieced together to form a picture of the past. You will have a chance to handle some real artifacts.

MAY

DATE: WEDNESDAY
MAY 6
TIME: 9:00AM—NOON
COST: \$3.50

Taylor Marie's Shopping/Fashion Show

Taylor Marie is hosting a shopping event with a fashion show. They are a mobile retail clothing store that brings clothing and accessories right to us here at the North Tempe Senior Center.



All events and the congregate lunch that follows require reservations. *Please make the lunch reservation the day before the event.* Please join us at the NTSC by calling Barb at 480-858-6512 to make your reservations or for more information about upcoming events.

The North Tempe Senior Center is operated by the Tempe Community Action Agency (TCAA). The Center offers billiards, books, magazines, television, playing cards and a collection of board games. Programming includes luncheons, presentations, classes, special events. Bingo and a home delivered meals program. The senior center and its programs are for guests ages 60 and older. Visit TCAA's website at: www.tempeaction.org

Weekly Activities

Open lounge-cards, billiards, TV, Library

Monday- Friday

8:00am-3:00pm

Silver Sneakers

Mon-Wed-Fri

8:30-10:30am

Lunch Program

Mon-Wed-Fri

11:30am

Bingo

Monday—12:30pm

Come on into the Senior Center and check us out!

Chair Yoga

Thursday—9:30-10:30am

Chair Zumba

Tuesdays—9:30-10:30am

Tai Chi

Friday—10:30-11:30

Classes are held in the Joshua/Juniper Room

VOLUNTEERS needed for home delivered meals

Contact-Kathy Flores

480-858-6510

or stop by the
Senior Center

Office Hours:

Mon-Fri 8am-3pm

Chicanos Por La Causa

CPLC Parenting Arizona promotes strong and thriving families through parent education, community collaboration, and multicultural family support. CPLC Parenting Arizona has been the states authority on parent education since 1977. Parent education classes may be offered here at North Tempe Center. The classes are taught with evidence based materials that have been proven effective. All caregivers, including parents, grandparents, teens, extended family members, and adoptive and foster parents are invited to attend. The parent education classes can be life changing for the members as they learn positive and collaborative methods to best deal with their children. CPLC Parenting Arizona programs provide relevant services designed to meet the needs of families.

Julie P. Rosen, MS, LPC
Executive Director
CPLC Parenting Arizona
6741 N. 7th Street

Julie

Community Based classes are offered to:

- Any parents with children 0-18 years
- Parents that need evening weekend classes.
- Parents seeking to obtain a Certificate of Completion
- Parents seeking to meet Superior court/ CPS and Adult probation mandates/ Foster Care requirements.

When: TBA

Sessions will be held for
5 weeks on Saturdays

Time: 10:00-12:00 p.m.

Where: 1555 N. Bridalwreath St.
Tempe, AZ 85281

To sign up for classes, please call:

Jennifer Goodall
Community Outreach Coordinator
602-248-0428 x268
Jennifer.Goodall@parentingaz.org
Or visit:
www.parentingaz.org

Parenting Arizona offers FREE group classes for all parents and caregivers in a community based environment. Our classes through peer based discussion seek to promote healthy relationships between family members.

Services provided:

- Parenting skills
- School Readiness
- Promoting Literacy
- Child Development Information
- Child Health Resources
- Community Resources



Chicanos Por La Causa, Inc.
A PRIDE OF OPPORTUNITY

Registering

for school year

2015-2016

3-5 years

M-W

August—May

8:00am-1:00pm

Call 480-464-9669

ext. 200

For more information

Parents please schedule
appointments to submit
applications

Maricopa County Head Start Give your Child a Head Start Services

Services provided to families include: Education to parents and children, meals for children, Support for helping your child be healthy and safe, Links to community resources, and much more! All Services provided free of charge

Documents needed:

- Child's birth certificate or certificate of live birth
- Parent/guardian proof of income for past 52 weeks (2010 W2 or 1040 tax form & current payroll stub)
- Proof of Maricopa County address
- Childs Immunization

Eligibility:

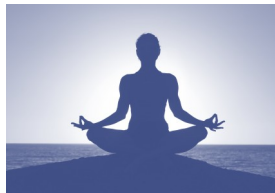
- Must live in east Maricopa County



North Tempe Fitness Center

FITNESS EQUIPMENT

- Open to ages 16 and older
- 2 treadmills
- 3 Elliptical cross-trainers
- 1 recumbent bike, 1 upright bike
- 5 multi-exercise strength training machines
- 1 dumbbell set
- 4 televisions with cable access
- Towels provided for use while in the center
- Wireless receivers for TV viewing or radio listening with headphones



Hours of Operation:

Mon-Thur 7:30am-9pm
Friday 7:30am-8pm
Saturday 10am-5pm

Fitness Membership Fees:

1 year pass \$25.00
Fitness memberships will be valid for one year after date of purchase

20 visit punch pass \$10.00
Punch pass only valid for 6 months from date of purchase

1 day pass \$1.00

Tempe Public Library Outreach Resource Center

The City of Tempe offers this innovative service at two locations, the Escalante Community Center and North Tempe Multigenerational Center. Use computers with the latest software or surf the net to research topics using the same programs offered at the Tempe Public Library.

North Tempe Hours

Monday -Thursday, 11 a.m.-9 p.m.
Friday, 11 a.m.-8 p.m.
Saturday, 10 a.m.-5p.m.

Computers are available for patrons age 6 years and older only. Printing cost .25 cents per page and must be paid prior to printing. Tempe Public Library Internet and User Conduct policies and procedures are in effect at all times. A valid Tempe Public Library card is **REQUIRED** for use of all computers.

The Arizona Worker Rights Center

The center will be offering free computer and resume building classes at Tempe Multigenerational Center coming in **FEBRUARY** of 2015!

Tuesdays

9:30 a.m.-11:00 a.m.

Come build your computer skills with us!

349 North 4th Avenue
Phoenix, AZ 85003
602-254-5452
www.azwrc.org

"Partnering for justice in the workplace and the world."



The Silver Sneakers Fitness Program

Monday

9:30—Classic Muscle Strength

Wednesday

9:30—Classic Muscle Strength

Friday

8:30—Circuit

Classic—Move through a variety of exercises designed to increase muscular strength, range of motion and skills required for activities of daily living.

Cardio—Training is the focus of this class. Combine fun, fitness and friends to increase heart health, muscular endurance and power.



Activities for Tots 0-12 years Activities for Teens

Toddler Art Time

Toddlers have an opportunity to explore art through a variety of age-appropriate activities. Watch their concentration, motor skills and hand-eye coordination grow. This session is a fun introduction of arts and crafts for young toddlers.

One adult may register with each child. **Fee: \$8.**

480-350-5814

43639 2-5 yrs Th 3/19-4/9 9:15-10 a.m.

43640 2-5 yrs Th 3/19-4/9 10:15-11 a.m.

Soccer, Indoor Soccer Academy

Introduce your child to the joys of the world's most popular sport. Participants will work on soccer skills learning the basics through developmental play. No class on 4/30.

Fee: \$10, 480-350-5805

43647 3-6 yrs M 3/16-5/11 6:30-7:15 p.m.

43648 7-10 yrs M 3/16-5/11 7:30-8:15 p.m.

S.T.E.P.S Plus

Parents learn effective ways to prepare their child from birth-to-five year old for success. Parents will learn about child development techniques and have time to interact with their child to practice what they have learned. They will also receive materials that can be used at home. Child care is provided. **Fee: None.** 480-350-5802

43705 1 mo-5 yrs Th 3/26-5/21 9:30-11:30 a.m.

Toddler Craft Time

Let your toddlers get messy, grow and learn at the same time. Toddlers can explore their creativity through painting, coloring, gluing, and play dough. Why make a mess at home when you can do it here? One child is accompanied by one parent. **Fee: \$8.** 480-350-5814

43825 1-2 yrs Th 4/23-5/14 9:15-10 a.m.

43826 3-4 yrs Th 4/23-5/14 10:15-11 a.m.

Thinking Toddler

Expose your child to new experiences by squeezing, building and creating different objects and textures. Developmental appropriate activities will be introduced that promote healthy and positive brain development using the A, B, C's of learning (Attention, Bonding and Communication). These fun activities will get messy so dress appropriately.

Fee: None. 480-350-5802

43699 3-4 yrs W 4/1-4/15 10-11a.m.

Martial Arts; Karate

Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with a light warm-up and stretch, followed by basic kick-punch-block drills. Self-defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing is recommended. **Fee \$45,** Instructor: Aseem. *No class 5/23. 480-350-5200

42066 12 yrs+ Th 4/2-5/28 7:05-8:30 p.m.

Yoga; Therapeutic

Learn to move with grace and ease while using basic breathing exercises and simple yoga poses to help relax your head, neck, shoulders and back. This class will flow at a slower pace and students of all experiences and backgrounds are welcome to attend. Participants must bring own yoga mat. **Fee \$45,** Instructor Sara, 480-350-5200

42103 16 yrs+ W 4/1-5/27 6:15-7:15 p.m.

Activities for Adults

Senior Techs: Go Google

Learn how to surf the net and improve your internet searching skills while having fun. You will explore google calendar, google maps, and learn how to use YouTube to watch videos. **Fee: None.** 480-350-5521.

43692 50+ yrs W 4/15-4/29 9:30-11:00 a.m.

Check Out A Book

Seniors, adults and children can visit the Tempe Public Library's Resource Room at the Escalante or North Tempe Community Centers to check out books from the new and always changing book collection. Book collections are also available in the senior centers at each center.

Fee: None. 480-350-5802

NO CODE 18 yrs+ M-F 11 a.m.-9 p.m.

REGISTRATION

Tempe Residents
February 17, 2015

Non-Residents
February 23, 2015
Summer Brochure available
April 16, 2015

Need a Meeting Room?

The North Tempe Center has rooms available for your special event/meeting. Contact us at 480-858-6500 for more information.